

BRIDGES

WEDNESDAY, NOVEMBER 5, 2014

GARDENING:

Snow mould: Give your lawn an ounce of prevention now **P. 12**

SHARP EATS:

Province's best chefs compete at Gold Medal Plates **P. 14**

ON THE SCENE:

Our best shots from the inaugural PARKLUXE Saskatoon **P. 24**

A STARPHOENIX COMMUNITY NEWSPAPER

FIGHTING FOR PEACE OF MIND

JASON MCKENZIE'S
LONG ROAD BACK
FROM PTSD P. 4



FREE

READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

#ROLLIE BOURASSA

One Family's War: The Wartime Letters of Clarence Bourassa

Around 1895, I found a box buried under half a century of "collectibles" when I was helping my mother move out of her house. In it, neatly packed, were hundreds of letters that were written by my father. He sent them home to my mother from the day he left Lafleche, Que., in 1914, on a recruit going to serve in a war from which he would never return.

As I read the letters, I discovered a young man, married with two small children who was worn down by the Great Depression, and who felt the army might give the family a future. I also discovered remarkable stories: one of a Canadian soldier who served overseas for three years, the other of a young woman who without her husband was raising a family during wartime as well-known Saskatchewan A part of history was unfolding before my eyes.

That was when the idea of a book dawned on me. I was surprised the University of Regina Press might be interested, and I was introduced to David MacLennan who took my manuscript and moulded it into a great historical document. He felt that my father's letters should speak for themselves, that reproduced in their entirety they could tell the story not only of one family's war, but the story of the sacrifices made by many families during war. *One Family's War* truly tells each and every letter was transcribed.

When the book came out, the reviews started coming in. "This book deserves to be read by all Canadians," "this is a story of resilience... [of] resilience was training... and [of] the deepest human struggles any one will ever face."

Also, after the book came out, my family became

extended with this part of their heritage, and with the direction of my grandson, Dal



Rollie Bourassa

Johnsen, they coordinated a corpus family trip to Europe to retrace my father's footsteps through war-torn England and France to his final resting place in Normandy.

In this new edition of *One Family's War* we've added that part of the story. *One Family's War* is available from McNally-Bonhoeffer Bookellers, Chapters, Indigo and university bookstores.





RON JAMES

November 28 • 7:30pm

Sid Buckwold Theatre • TCU Place

PRESENTED BY:

NEWS TALK 650

CKOM

GET TICKETS AT TCU PLACE BOX OFFICE • WWW.TCUTICKETS.CA OR WWW.TCUPLACE.COM • PHONE 306.975.7799 OR 888.638.7770

INDEX

ON THE COVER PG. 4



Jason McInnes suffers from PTSD after serving in the former Yugoslavia. BRIDGES PHOTO BY MICHAEL WELLS

TABLE OF CONTENTS

READ MY BOOK — 2

One Family's War: The Wartime Letters of Our Ancestral Soldiers

ON THE COVER — 4

Jason McInnes shares his journey on the long road back from post-traumatic stress disorder

IN THE CITY — 6

A moment in time: Photographer Michelle Dineen shares what defines the week

ON THE SCENE — 10

The Mendel turns 50: Celebrated The Mega Centennial gala

GARDENING — 12

Tips on preventing and eradicating snow mold

SHARP EYES — 14

The province's best chefs compete for top honours in the prestigious Galet Medal Prizes

CORRECTION NOTICE:

The Congressional Wiccan Association of Saskatchewan (Slay River Temple Saskatoon) is holding a Remembering Our Ancestors Now: Rite 7 a.m. at the Ukrainian Center 203 Second St. E.

All are welcome

ASK ELLEN — 16

EVENTS — 17

What you need to know to plan your week
Send feedback to: bridges@thetartanpress.com

CROSSWORD/WORD — 22

OUTSIDE THE LINES — 23

A weekly column, written for kids of all ages by artist Stephanie McKay

ON THE SCENE — 24

Our first photo from the inaugural FANFOLD: Saskatoon luxury fashion event

WINE WORLD — 27

Maria Passio Doble expertly bottled

ON THE SCENE PG. 24



Aubrey (left) Campbell (middle) and Jennifer (right) are wearing a new collection of dresses, coats, sweaters, which will be sold at the Vogue gallery on Oct. 30. BRIDGES PHOTO BY MICHELLE DINEEN

BRIDGES COVER PHOTO BY MICHAEL WELLS

Bridges is published by The StarPhoenix — a division of Postmedia Network Inc. — at 204 Fifth Avenue North, Saskatoon, Sask. S4N 2P5

Bridges Magazine is editor-in-chief Jennifer Peterson managing editor Jenn Sharp associate editor For advertising inquiries contact: 637-6340; editorial: 637-6327; home delivery: 637-6320. Hours of operation are Monday to Friday 8:30 a.m. to 4:30 p.m.

The contents of this publication are protected by copyright and may be used only for personal non-commercial purposes. All other rights are reserved and commercial use is prohibited. To make any use of this material you must first obtain the permission of the owner of the copyright. For more information, contact the editor at 637-6327

ON THE COVER

And, looking back, I didn't realize the effect that had on me. — Jason McKenzie

REMEMBRANCE DAY

Dealing with PTSD a daily struggle for war veteran



Jason McKenzie was a U.S. Marine in the former Yugoslavia in the 1990s. On the table are his U.S. Marine's name tag and a Royal Canadian Mounted Police (RCMP) badge. McKenzie is a U.S. Marine.

By Terrence McElachlan

It's a day Jason McKenzie will never forget.

Nov. 30, 1999.

Mr. McKenzie of Regina said about a dozen other Canadian Armed Forces soldiers are driving in an M113 armoured personnel carrier. The personnel carriers are on their

way to a nearby town in the former Yugoslavia for a routine patrol. It's around 6 a.m.

Inside the soldiers are crisscrossing into the bottom of the carrier, sitting on boxes of ammunition, grenades and rocket launchers. The carrier drives with its three hatches open.

While the soldiers talk among

themselves, the vehicle suddenly jolts forward. McKenzie is also tossed forward.

Orders are shouted: Get down! And then — Get up!

McKenzie looks up. Muddy, dark water is pouring through two of the hatches, drenching the vehicle.

The force of the water pushes McKenzie down.

With only the machine-gunner hatch available for escape, the soldiers waste one at a time.

McKenzie and a fellow soldier are the last two remaining. Trapped,

they look at each other as the water rises above their heads.

McKenzie realizes this could be the end.

He stops panicking because it

won't help.

Fear is replaced by calmness.

Floating underwater in total darkness, McKenzie doesn't know which way is up.

But this is not the end. McKenzie is grabbed from above and pulled through the hatch.

He can't believe his eyes when he reaches the surface.

We were always in fear, always had a threat of being invaded on our borders by the Serbian army and the Croatian army because we were right in the middle of them — McKenzie



(From left) Andy Stevenson, Kevin Johnson, William Armstrong and McKenzie (far right) on July 2, 2002. McKenzie spent the first months of intensive training before being sent to the former Yugoslavia. (Submitted by McKenzie)

"We are swept up in a river. I thought we were on the highway."

It takes five hours for rescuers to find the stranded unit on the carrier. It sits near a bridge up bridge as men pour down and the river rises by.

Back at the base, they are given the rest of the day off.

With no counselling or decompression services, they deal with the situation by getting drunk.

The next day, he's back to work in combat.

McKenzie was 18 years as Major Jim McKenzie, now 41, he was a reservist for the Royal Regina Rifles in 2000. He served in Croatia as a member of the 1st Battalion Princess Patricia's Canadian Light Infantry (PPCLI) from Company 1st Platoon.

Stress had been building up over the six-month tour. Like other soldiers, McKenzie was shot at by snipers while working a checkpoint stopping and searching vehicles.

"So you could hear the bullet whizz by and then the bang of the rifle," McKenzie recalls.

"We lived every day on a heightened state of alert. We were always at four alarms had a threat of being invaded on our borders by the Serbian army and the Croatian army because we were right in the middle of them. We split them apart and set up front lines and tried to

stop the war."

Adding to the stress was the task of clearing mine roads of mines in an unmarked corner.

"That was a huge amount of stress to go through every day because you're so hyper alert of mines. We would find mines all the time — not personal mines, not back mines. We would see them everywhere — it was really odd. And, looking back, I didn't realize the effect that had on me."

McKenzie's stress level never got back to normal. Four months later, the four retired McKenzie was back home in Regina. He returned to the Royal Regina Rifles and was honourably discharged in 2001.

It took several years before he realized that he was suffering from post-traumatic stress disorder (PTSD).

"I did come home a changed person. I did come home with symptoms that they weren't debilitating symptoms for probably three or four years."

Those initial symptoms included anxiety and hypervigilance.

"That is a big issue with PTSD — the hypervigilance. You're in that fight or flight mode all the time. So it's really hard to go out and function as a normal person because it's so much stress for you — you're constantly on hyper alert."

Continued on Page 6

YOUR DOWNTOWN FITNESS DESTINATION



Fitnes on 25th
YVCA

Enjoy the benefits at our friendly downtown co-ed fitness club, located at Kinsmen Park, near Meewasin Valley running trails.

FITNESS ON 25TH | YVCA SASKATOON 530 25TH STREET EAST
306 244 0944 YVCAFITNESSON25TH.COM



FREE trial membership. call 306 244 0944 Ext 100.

Fitnes on 25th
YVCA

FREE 2 week trial for first time members

Fitnes on 25th
YVCA

3 personal training sessions for \$120 for first time members

You're in that fight or flight mode all the time. So, it's really hard to go out and function as a normal person because it's so much stress for you — you're constantly on hyper alert. — McKenzie

Symptoms further progressed as the Suez 18 18th anniversary approached, says nightmarer.

"I didn't even know I was having nightmares. My spouse at the time in 1996 and 1999 was talking me you're drinking out in your sleep and you're fidgeting and you're screaming, and I had no idea — I wouldn't wake up," says McKenzie.

Innocence then crept into his life. Because of the intense fear he would experience as a nightmare, McKenzie was afraid to sleep for days.

"It progressed to waking up in the middle, passing the air and complete panic — I would wake up and I couldn't see anything... I was so anxious that I was dying."

Nicholas Carleton isn't surprised to hear that McKenzie is still coming to terms with PTSD and the trauma he experienced more than 20 years after surviving a warzone.

"We've got more than a century of data that suggests that it can be something that impacts somebody for the rest of their life," says Carleton, an associate professor of psychology at the University of Regina. In addition to his duties, Carleton has a clinical practice where he sees about five people dealing with the effects of PTSD including current and former soldiers.

Although little is known in terms of cause and effect with PTSD, largely due to the lack of long-term studies, Carleton points out that exposure to one or more traumatic events is a key factor in the disorder.

"That event is different enough from your expectations or from your experience that it stands out — that if you're contemplating with respect to how you go about interacting with the world thereafter," explains Carleton.

"So, you've got a piece of information that you can't integrate into your reality at this point because it's so foreign, so outside of what you're used to, that it just stands apart and it's not something that you have necessarily come to terms with."

Another pathway to PTSD is coming to terms with moral injury.

Although what you are asked to do may not be necessary for you to survive, it's often the case that you're given your orders to such that you're not sure how to cope with it," says Carleton. "So now you're in an odd place where you have witness to some tremendous tragedies (that) was happening to somebody else and the way they may will be a moral injury because you're asked not to do something because you were following orders for international law."

For McKenzie, it wasn't seeing death, pain or bodies — those were things he expected to see in a combat zone. But seeing a downed soldier was not something he expected.

"I still relive the earlier sinking incident — I can't talk about it without weeping."

A recent federal government survey of 4,790 full-time members of the Canadian Armed Forces stated that 18.5 per cent are experiencing some form of mental or also had disorder. Of that, eight per cent reported a major depressive episode, 4.9 per cent had a social anxiety disorder and 8.4 per cent a panic disorder. As well, 8.3 per cent reported having PTSD.

Equally alarming is the number of suicides by members of the armed forces. Between 1995 and 2008, 314 men serving full time in the regular forces committed suicide.

In comparison, between 2006 and 2010, 20 female regular force members committed suicide.

"They were pretty tough boys back then. And, we weren't prepared, the Canadian (Armed) Forces wasn't prepared because we didn't have in any kind of role like that for years," says McKenzie.

Post-traumatic stress disorder was identified as a psychological diagnosis in 1980. Today, treatment usually involves therapy or counselling and medication. Medication, however, doesn't necessarily cause anti-depressants. It could involve medication to help someone sleep, explains Carleton.

"Probably in my clinical opinion, sleep is probably one of the biggest things. If you're not sleeping, everything else starts to go downhill pretty quickly."

The U of R's Anxiety and Stress Behaviours Laboratory has research projects involving PTSD, such as studying the factors that make someone more or less resilient and a higher or lower risk of developing PTSD as well as the impact of aerobic exercise on PTSD patients to help manage symptoms.

A treatment tool being used for PTSD patients is prolonged exposure to the traumatic experience and working on different ways to process that experience differently.

"One of the things that cause PTSD disorder symptoms to be maintained is the ongoing avoidance of the traumatic memories and queries associated with those traumatic memories," says Carleton. He strongly cautions that prolonged exposure should only be done under clinical supervision in a safe environment.

McKenzie does the little things needed to get a good life. He travels, improves diet and sleep, he has seen about six counsellors over the years and is searching for a new one. A problem is that soldiers can become frustrated with counselling, especially if the discussion is being interrupted for clarification on emergency and military bureaucracy.



Jason McKenzie still carries extreme anxiety when he talks about nearly drowning 20 years ago. (PHOTO BY MICHAEL GILL)

We would find mines all the time — anti-personnel mines, anti-tank mines. We would see them everywhere ... It was really odd. — McKenzie



Jacob McKenzie, 16, is the former fugitive in 1992, during an eight-hour arrest standoff with Jordan Jones. SUBMITTED PHOTO

A few years after being honorably discharged from the Royal Regina Rifles, McKenzie left Regina for British Columbia to work with the Canadian Coast Guard. During that time, in the late 1980s, McKenzie realized that what he was suffering from sounded like PTSD. He quickly sought help from Veterans Affairs and was put on a pension and brought into the system. Veterans Affairs helped him access programs that have been helpful, but he notes those programs have improved significantly since soldiers began coming home from serving in Afghanistan. An ex-McKenzie wants to see improved in many programs for families.

"When I'm up at night and I'm thinking out, the person that is with me, calming me down and not sleeping as well, as my spouse. And now she is getting up and going to her job the next day after going through this stressful night. There is no one asking her how she is or how she is coping in this PTSD."

McKenzie took an important step in his road to recovery this summer when he joined fellow ex-soldiers Steve Ellettman and Scott McFarlane, also suffering from PTSD, on a cross-Canada march. The trio named the journey *Like No One's Land: PTSD Awareness March*. The march ended Sept. 15 in St. John's, Nfld.

"It's been a profound change in my life — going through the march. The first thing is losing the embarrassment of having PTSD and never having openly discussed it before this — not even with my family. People knew I had PTSD but that circle of people that knew was very small."

The three men served in the former Yugoslavia, but during the same time but in different units. Before to the year, Ellettman and McKenzie, who went through basic training together, admit not to each other that they were dealing with PTSD.

Continued on Page 8

HYDE PARK VIEW

303 Simmon Place • Saskatoon, SK

Saskatoon's Finest New Adult Housing Community!

Shelley Davis

306-612-3338

Life-Long Suites for 50 Plus Adults

STANDARD FEATURES

- Heated Indoor Parking
- Radiant In-Floor Heat
- 9-Foot Ceilings
- Six Appliances
- Quartz Countertops
- Large Islands
- Master En-Suite Walk-In Closet
- Huge Barrier-Free Shower
- Digital Video Security

SUPER AMENITIES

- First Class Dining Facility
- Guest Suites
- Three Elevators
- Outdoor Terrace with Hot Tub & BBQ
- Hair Salon
- Workshop
- Library
- Mini-Theatre
- Games Room
- Exercise Room

Hyde Park View is transforming the concept of adult housing in Saskatoon! This new 50 plus housing development is ideally located near transit and pedestrian services and combines contemporary style, superb amenities and Age-in-Place Design.

Life-size suites are pre-selling with 45 units still available in this amazing 4.5 story building. Suites range in size from 521 to 1137 sq. ft., including one bedroom, two bedrooms and two bedrooms plus den units.

Design features and site focus to creating windows that capture an open view of Hyde Park, with its 237 acres of lush, parkland and walking trails right across the street. All of the "best views" of today's Saskatoon are offered. Concrete tile is standard in all on-suite bedrooms.

Age-in-Place Design includes: 6 inch wide doorways and a seven foot, barrier-free wide-to-ride shower enclosed in glass. Mechanical systems are in a higher standard than many condos with radiant in-floor heat and central air systems with integrated cooling for each suite.

Every life-size suite features one indoor parking stall in the garage, heated parking, with adjacent individual dry stored storage room. Residents enjoy free access to the numerous attractive amenity spaces.

Assured living services can be purchased and delivered to the suite, as required. When independent living becomes a challenge, individuals can move to the specially designed care where personal care is offered 24 hours a day. Their spouse can move with them or stay in their life-size suite. Twenty-five personal care suites will provide an intermediate level of care until fully qualified, insured personnel.

Hyde Park View offers some of the most attractive prices in the city especially when you consider the amenities and the high level of service provided to residents. The Hyde Lodge Housing Group has provided quality housing in Saskatoon for over 30 years.

NOTE: No legal fees and no contract money are required when choosing Hyde Park View!

Contact Shelley Davis at (306) 612-3338 and view the website at www.hydeparkview.org for more information or drop by Hyde Lodge (1123 Main Avenue) between them and open to pick up a sales package.

Thoughts are the way to a better life.
www.hydeparkview.org

Although what you saw wasn't necessarily very far removed from your reality, it changes how you perceive your reality so much that you're not sure how to cope next. — Nicholas Carleton

"That's one thing as a soldier you don't tell your fellow soldiers that you earned with that you have PTSD. We'd never admit that. So, it was an awkward conversation when it came up for us."

The march began with the cadence Hartung started walking 20 kilometres a day from Victoria, B.C., without a plan and without telling anybody. "He wanted to do something to raise awareness about PTSD, but didn't know what else to do."

McKenzie reached out to Hartung. He started a website and a Facebook page to help raise funds. A campaign was launched to follow the march and for the group to drop in on the road.

The group stopped in Regina at the Saskatchewan Legislative Building in July speaking with the media. McKenzie started to open up publicly about his experiences.

"A lot of tension that had been built up inside of us, carrying this shame and embarrassment — it was starting to let go."

As the march continued, the group was met by other PTSD sufferers — soldiers and law enforcement — telling their stories and supporting the cause to raise awareness.

"They would say 'I was everywhere as the high guy with people that what we were doing was succeeding with them,'" says McKenzie. "And, to share my story and have people actually listen to and you listening to other people, it was incredible. I still get messages daily from people along the way."

Recently McKenzie has been going through changes in his life. His marriage ended, but he still has an active role in raising his two daughters. As well, McKenzie has decided to shut down his home-based business after nine years. The stress of running the business, especially during other delinquent accounts, proved to be too much.

Instead McKenzie is taking on another challenge — finishing an undergraduate degree in criminology and business at the U of R. He started a decade ago. McKenzie is enrolled for the winter session. He is also planning to participate in the service-exercise project led by Carleton's colleague Gordon Armstrong at the U of R.

"It's been a 20-year struggle for me. I would say things haven't been rosy for me, but I am definitely being grateful now."



Steve Hartung, Jason McKenzie and Scott MacFadden travel throughout Canada to raise awareness of post-traumatic stress disorder in Armed Forces veterans. ABOVE: PHOTO BY KIMLEY-WATERS

DON'T MISS THESE FLOORING SPECIALS



12.3mm MONTCLAIR LAMINATE FLOORING

This 32' x 48" plank laminate flooring is a fast growing quality line product and is available in 12 different colors.

Available in 12.3mm thickness. Perfect for all climates. Call today to get yours!



10mm VINLOC VINYL PLANK FLOORING
Vinyl plank flooring is ideal for bedrooms and bathrooms where water and moisture is concern. Durable, easy to clean, and available in 12 different colors. Call today to get yours!

HARDWOOD FLOORING

Polished • Nail down style



3 1/4" Maple Rustic WAS ~~3.99~~ NOW ~~2.99~~ sq ft
3 1/2" Whiskey Oak WAS ~~4.99~~ NOW ~~3.99~~ sq ft
8" Scraped Coffee Oak WAS ~~5.99~~ NOW ~~4.99~~ sq ft

ENGINEERED HARDWOOD

Polished • Nail down • Float in subfloor



Acacia Natural WAS ~~4.99~~ NOW ~~3.99~~ sq ft
Maple Sea Fog WAS ~~3.99~~ NOW ~~2.99~~ sq ft
Summer Hickory WAS ~~3.99~~ NOW ~~2.99~~ sq ft

Windsor Plywood



**3222 Millar Avenue
SASKATOON
306-931-1232**

Toll Free: 1-888-833-9663

www.windsorplywood.com

Monday-Friday 7am - 6pm
Saturday 8am - 5pm • Closed Sundays

Offers valid until Nov 12, 2014.
While quantities last.

IN THE CITY

OCTOBER 30, 2014 - 1:16 P.M.

Singing along with Sylvia



Children's entertainer Sylvia Chase leads kids in a Halloween-themed song and dance during the Halloween Howl at the Refinery. #HBOCS PHOTO BY MICHELLE #HBO

ON THE SCENE

#BEWITCHED! THE MAGIC CONTINUES

Saskatoon's art supporters came dressed in their finest to celebrate the Mendel Art Gallery's 50th anniversary on Nov. 1st. The *Saskatoon Cavalier Bewitched: The Magic Continues* began with a champagne reception for the 250 guests, followed by a gourmet dinner and entertainment by renowned pianist Jon Bullatynis and Thomas Yu and fiddler Kamriel, who all grew up in Saskatoon.

The 50th theme for the party came from the year the Mendel opened, 1964, and the year the TV series *Bewitched* premiered. Proceeds from the sale, about \$70,000, will support the Mendel International Lecture at Regina Modern.

This annual lecture will honour the contributions of gallery patron Fred Mendel and his family to the 50-year history of the Mendel Art Gallery and how its permanent collection of more than 1000 works helps to create a sense of calm unity and place in Saskatoon.



ON THE SCENE



BRIDGES PHOTOS BY DEREK MORTENSEN

1. Willy Stefankiewicz and Ben Belinfante

2. Greg and Jocelyn Kost

3. Tricia Sloss, Cindy Sargator, Nicole Melberg and Lauren Durand

4. Daniel Bell, Judy Routschky and Theresa Grass

5. Stephen Nicholson, Bonnie and Randy Tourt

6. Annelise and Garnett Walk

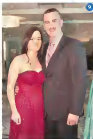
7. Ben Walden, Donna Jubin, Paul Lacer, Shannon Waldman, Jocelyn Kost, Greg Kost, Ana Luu, Brittany and Wayne Brumley

8. Denise Davis, Phil Sanchi, and Carol Sanchi

9. Richard and Shawnee Oeschuk

10. Justice Murray Allen and Pam Aron

11. Luc Thwaiter and Melody Smith



Authentic Amish Cooking



Copyright © 2014 Authentic Amish

Stuffed French Toast

1 Loaf Bread to 2" Slices
4 eg. Cream Cheese
1 qt. The Fluffy of Choice
8 Eggs
2 1/2 C. Milk
1/4 C. Maple Syrup
1/4 C. Butter or Margarine, melted
1 t. Cinnamon

Grease 11 x 15 pan. Layer 1/2 of bread; then cut up cream cheese; then rest of bread; fill pan filling of the eggs; drizzle melted butter and pour over bread; last drizzle melted butter and puffed up.



Authentic Furniture

Custom Solid Wood



Heirloom Pieces

Visit us at our New Location

Monday by appointment only
Tue-Fri 10am-5pm
Sat 10am-4pm



Pick up a free catalogue

Customized Options:

- choice of styles
- wood & stain choices
- fabric or leather choice
- custom sizing available



authentic.furniture@sasktel.net

(306) 955-9397

GARDENING

GARDENING IN SASKATCHEWAN

Snow mould: An ounce of prevention now...

By Sara Williams

I remember an early spring day in the 1980s. I was working at the Garden Lane office and walking 1 mile outside. It was warm and sunny, and the snow was melting quickly.

One of the last collars of the day dealt with a grey cotton-like growth that was visible under the retreating snow. The collar wanted ventilation of the problem, and I needed a picture of snow mould. Their readiness was in route to my house and I had my camera in the car. So I was pleased to make a "house call."

It was, indeed, snow mould: a combination of several fungal organisms that thrive under moist conditions at temperatures around freezing (0 to 5 C). The cotton-like patches are the mycelium or vegetative part of the fungi and can range from a few inches to several feet in diameter in severe cases. They can kill large portions of stems.

Grey snow mould (*Typula snow mold* and *low related species*) is more commonly found in our area, generally attacking only the above-ground grass blades. Pink snow mould (*Microdochium nivale*) occurs less frequently but is more damaging as it also attacks grass roots.

The standard recommendation is spring in to encourage a rapid snow melt—usually by raking out the snow. The fungi become inactive when exposed to sunlight since temperatures are above 15 C and when the lawn is dry.

Now (i.e. late fall) is the time for that ounce of prevention, especially if snow mould has been a problem. To reduce its impact, allow your lawn to harden off prior to winter. Avoid over-fertilizing, especially with nitrogen, in the fall. The last application should be no later than Aug. 15. Nitrogen promotes a lush succulent growth that is extremely vulnerable to fungal attack.

Your lawn should go into winter no later than Oct. 1. Longer grass becomes matted under the weight of the snow and provides an ideal environ-

ment for snow mould proliferation. It attacks the leaves first, then later the crown of the grass plant.

That's a partially decayed organic matter on the soil surface, among the living grass blades. If the thatch layer is more than one inch thick, it too serves as excellent habitat for snow mould and as well as an "overwintering" site for spores. Use a mulching mower to decrease the size of clippings and dethatch your lawn each spring if the layer becomes excessive. Rake the lawn in the fall, removing leaves and other organic material that provide initial inoculum for snow mould.

Snow mould is favoured by early snowfall on undrained ground. Although we have no control on the weather, snow falling can be used to discourage the accumulation of deep snow drifts and encourage even snow distribution. Damage is generally worse where the snow lingers longest; thus the benefit of raking it away when the damage is first noticed.

Snow coverage is also thought to favour snow mould. So place your act on the vegetable garden rather than the lawn.

No fungus for snow mould control are registered for domestic use in Canada. If snow mould persists year after year despite preventive measures, and your lawn was established over 20 years ago, consider re-seeding or sodding with some of the more recent Kentucky bluegrass cultivars that are more resistant to snow mould.

Sara Williams is the author of the new, revised and expanded *Overseeding the Prairie: Strategies on soil as the Saskatoon Primary Farm Park & Soil: A Photographic History*. She will be leading tours in March, Turkey and Ireland in 2015. Call Beth at 368-7323 or 3687323@worldendcolours.com for information.

This column is provided courtesy of the Saskatchewan Provincial Society www.saskperennial.ca, hortnews@yhc.com. Check out our bulletin board or e-mail for the upcoming garden offer and/or seasonal issues.



To prevent snow mould (shown above) from happening, don't over-fertilize and avoid leaving anything on your lawn like a skipping rope. That will compact the grass. PHOTO COURTESY OF SARA WILLIAMS



Next week in BRIDGES

Darlene Okemaysim-Sicotte shares her involvement in the Walking with Our Sisters installation at Wanuskewin

World Junior A Challenge Défi mondial junior A



Kindersley, Sask.
December 14-20, 2014 / Du 14 au 20 décembre 2014



Tickets On Sale Now!
Billets en vente maintenant!

HockeyCanada.ca/WJAC

GREAT PRAIRIE ENERGY SERVICES
Le meilleur service d'énergie pour votre entreprise



HockeyCanada.ca/WJAC
HockeyCanada.ca/WJAC



Facebook.com/WJAC



Twitter.com/WJAC



STOVE SPECIAL

Spiral Slicer

Features 3 interchangeable stainless steel blades, no-slip suction bottom, easy-to-use perfect cube in just seconds

Unit \$49.99

Code Item 5

PADERNO
Kitchen Store

\$29.99
Unit 114 1544 McLeod Dr. (306) 944-2673

Store Hours: M-W 10-6, T & F 10-6, Sat 10-6, Sun 12-5 • www.padernos.com

GIRLS IN MOTION

Get inspired to become a healthier and happier girl with Girls in Motion. It's a FREE day for girls 10 to 11, to enjoy various dance and physical activity under the direction of qualified instructors.

REGISTRATION - Dance • Jazz • Rhythmic Jumping Rope • Ballet • and more!



FREE! Girls in Motion
Registration: \$10.00 + \$1.00 fee.
Event: 9:00 a.m. - 10:00 p.m.
Registration required to register your participation or to get a \$10.00 fee.

REGISTRATION: 9:00 a.m. - 10:00 p.m.
Event: 9:00 a.m. - 10:00 p.m.

For more information, visit www.wanuskewin.ca or call 306.975.1335.

Wanuskewin

SHARP EATS

See a food trend you think deserves a highlight in Bridges?
Email bridges@thestarphoenix.com
or visit Bridges on Facebook

GOLD MEDAL PLATES

Chef fuses traditional culture with modern cuisine

By Jenn Sharp

November has become the month foodies anticipate at Saslatoon. It's Gold Medal Plates time and this year's competition will be no exception as ever.

Ten of the region's best chefs will compete in a grueling, high-pressure environment for top honours on Nov. 8. Whoever takes the gold medal will be off to Kelowna, B.C., in February where he or she will be up against the winners from 11 other Canadian cities for the title of Canadian Culinary Champion.

Garnish at the event means and up wine as they try each chef's tasting plate, before they move into the exhibition area for dessert, some wine, entertainment by Jim Cuddy and a live auction for trips around the world. "There's also the fun as well as of Saslatoon's Olympic athletes (it's a fundraiser for those after all).

The pressure for the chefs is twofold. First and foremost: they need to present a unique dish to a taste of eight judges. Dishes are judged on everything from presentation to taste and even "wow" factor.

At the same time, chefs must ensure their line runs smoothly and each dish comes out as good as the last for the hundreds of guests who have a limited time period to sample everything.

It will be the first year Doug Hyndford, executive chef at the Saslatoon Inn, will compete with his own team. He was previously on Trevor Robertson's winning team from the Vancouver Hotel.

Hyndford's Gold Medal Plates dish is top secret until event day, but he will say it's his version of panache: a play on his heritage and a longtime goal of his to create.

"It's been a decade that I've been working on for years and years as (fun) mixing that."

He's from the Westside's First Nation near Fort St. John, Alberta, which influences his cooking. The French-



Doug Hyndford, executive chef at the Saslatoon Inn, and Gold Medal Plates competitor, browses his Three Sisters cocktail. Models photo by MICHELLE KING

style trained chef, who was once Vancouver's "creative chef," describes his current cuisine focus as Meta-Fusion.

When he worked at Wausonk, he made traditional (pre-contact) bannock. His ancestors dried and pounded the root of a cotton before

flour and baking powder were introduced to Canada by their bannock.

A cotton is both male and female at one point of the year. I took the pollen out and mixed the two together. For a leavening you add yeast which is a little bit of acid and at the time — into your bread. For salt, there was a

little purple flower you could dry and it's really salty."

For Bridges, he made a modern dish that represents his traditional heritage: a roasted crispy rabbit leg, with Three Sisters staccato, truly cheddar crusher, a cherry bacon wrapped rabbit saddle and tiny peas

of rabbit.

"It's a little bit different," says Hyndford of the rabbit and Three Sisters corn, squash and bean combination.

The Three Sisters are the main agricultural crop for many First Nations.

SHARP EATS



Doug Hynford's Mister fiasco, rabbit the best Three Star restaurant, elegant, hearty, and delicious.

Hynford explains there's a specific way to plant the crop. All three seeds are planted together in a small hole. The corn grows first, followed by the beans which grow up the corn stalk and provide shade for the squash.

"The interesting thing is years and years later, science did a study and found out one rules nitrogen, one from nitrogen and they actually all do the soil for each other," he says.

The rabbit, which is also a traditional food, is raised by one of his readers on a farm outside the city.

"We're trying to do a lot of local, responsible choices," he says of the hotel's sustainably-sourced beef and cheese. We're confident.

"We buy from the Hatteries (hats)—as much as we can as possible."

While the rabbit isn't on the regular menu at the Saskatoon Inn, it makes an appearance on the Friday childhood menu, which is always based on what's in season and available from local producers.

For an in-the-kitchen video of Doug Hynford making the rabbit, go to www.hatteries.com/800070.

Jeffrey@hatteries.com
Pellegrini@hatteries.com

GOLD MEDAL PLATES SASKATOON

Now at Riverland Park
www.goldmedalplates.com

COMPETING CHIPS

- **Tom Brownbridge** — Holiday Inn
- **Danesh Craddock** — Beaver County Club
- **Michael Link** — Western Confederation/Highwater
- **Doug Hynford** — Saskatoon Inn (Hotel and Conference Centre)
- **Kelly Oliver** — Lusk (University of Saskatchewan)
- **Franky Perre** — Delta Dunes Centre
- **Glenn Reynolds** — Simon's Fine Foods
- **Kevin Dabbling** — Sublime Pizzeria
- **Christopher Hill** — Delta Saskatchewan
- **Matthew Scherfeld** — The Ivy Dining & Lounge

WHAT'S YOUR HOME WORTH?

Let's find out!

"FREE"

Rapid E-Mail Estimate
or
In Home Evaluation

GO TO WEBSITE!
saskatoonrealestatebyrob.com

OR CALL
306-280-1602

EMAIL
rob@pellegrini.ca

COLDWELL BANKER

ROB PELLEGRINI
REAL ESTATE BROKER

REPUTATION
EXPERIENCE
KNOWLEDGE
CARE
HONESTY

3 for 1

*Remember Your Prescription
Belongs to YOU*

* Offer can be shared with friends & family. Some restrictions apply. See store for complete details.

BUY A QUALITY, COMFORTABLE, DISPOSABLE GLASSES AT REGULAR PRICE AND GET A FREE* 2nd pair of prescription Glasses & FREE* 6 months supply of Disposable Contacts Lenses

EYES
www.eyesonlytyfid.com

Call: 306-936-4545 • 1161 Wynyard Drive North

facebook.com/eyesonlytyfid

• SUNDAY • 10 AM - 6 PM

• SUNDAY • 10 AM - 6 PM

ASK ELLIE

Husband needs to be wary of relationship with co-worker

Q. I've been married to my wife for 14 years, known her since college, we both work on stressful jobs and relied on our stable relationship and routines for the home life we wanted. We purposefully haven't had children.

Lately I've had to work closely with a very dynamic female who's younger and new to our company. She has a lot of confidence, excitement and fresh ideas. I find I can hardly wait to hear her latest business story.

We're going to be travelling to a work assignment together in a few weeks and I'm getting excited about it... but obviously seeing there's room for worry too, is that something I should talk to her about? Or to my wife?

A. Give your wife a chance before you risk losing yours with your marriage. After all, she's been married the routine you two set up together.

Tell her you aren't a need for

Ask Ellie



adding new interests into your life together. Say you're realizing that needs to change over time, and that it likely has to do with changes you experience through maturing, and getting confident.

Suggest that you two add some new excitement and spontaneity into your marriage — an adventure trip, studying a new language, trekking for a fitness challenge, whatever.

It's not necessarily your colleague who's got you fired up, but the sense of excitement she imparts and how it makes you feel.

Take your wife away for a week end before the business trip, or at

least start the conversation about trying new things beforehand.

Don't tell your colleague these personal matters to her. Since you're a married man, it would ruin your working relationship if she's not interested.

And if she does care that so far could ruin your marriage and devastate your wife.

Q. My husband and I made friends with our new neighbors. The wife reached out right away — as an invitation to see their newly renovated place, then a barbecue there — so naturally we've invited them to our place too. Our kids also like each other.

Her husband's a successful businessman and his stories ignite my husband's kid since he's working in a mid-level job. Maybe that's why he and the wife end up talking between them, when we're all together.

I've noticed lately that she's very touchy-feely with us — always patting my husband on the arm

or touching his shoulder. She also dresses very sexy. Even my daughter, a ge nerous, said to me. Should I be worried?

A. Yes. Everyone in a relationship should be normally alert to signals that someone's making moves, unless or her partner (overreacting) would be sure to see. But saying if all feels too friendly too fast, is odd.

Maybe she's just "touchy-feely" but it may also be she's an attention seeker with men. Or worse, a woman who plays a game of seeing when she can attract. Basically you don't really know her that well to judge.

So don't assume. And don't blame your husband. Just build on where you have normal him, by saying that her familiarity with him has you uncomfortable.

Ask for his help to put you more at ease. Suggest that you cut back on the frequency of getting together, and that he deflects any inappropriate gestures by her by moving away.

Q. My husband's always thinking something else would be better. We need to move to the country, he must leave his job, the kids should attend somewhere, etc. Sometimes I feel whipped around mentally/emotionally trying to calm his restlessness.

My best friend from college (male) has admitted he wishes I'd seen him as a boyfriend, not a buddy.

He married his deepened social climber so we share our problems. He's a great comfort, but is it dangerous to have someone of the opposite sex be your go-to confidante?

A. This friendship's distracting you from your partner.

You need to become HIS "go-to," not first show him you have the latest and com passion for that role.

Ask what a man has background that might be making him feel unsettled. There suggest he talk to a professional therapist. Say you'll go with him if it helps. He needs the attention, you're diverting to someone else's problems.

3,928 KIDS RECEIVED HEALTHY SUMMER LUNCHES.



#AllUnitedWin



United Way
Donation & Area
unitedway.org/donate

Let's keep the earthquake going.
Search #UnitedWin on Twitter
and Facebook to get it done.

◆◆◆ DIRECT FROM LAS VEGAS ◆◆◆

OH WHAT A NIGHT!

BACK BY POPULAR DEMAND

A MUSICAL TRIBUTE TO FRANKIE VALLI AND THE FOUR SEASONS

MONDAY, NOVEMBER 17, 2014 – 7 PM

SIO BUCKWOLD THEATRE - TCU PLACE

***** SASKATOON *****

Tickets at the TCU Place Box Office, or www.tcutickets.ca
Call 306-975-7799 or 1-888-539-7770. Visit www.tcutickets.ca

***** www.radio4saskatoonentertainment.com *****

EVENTS

What you need to know to plan your week.
Send events to bridges@thetstarphoenix.com

MUSIC

Thurs., Nov. 6

Gordon Lightfoot 50 Years on the Canadian Highway
TCU Place,
25 Second St. NE

Neil Boston Band
Cockers Restaurant & Lounge,
1-327 Pinehouse Dr.

Geul Plenk
Suds on Broadway,
817 Broadway Ave.

Rock Series: John Bryant w/ Teresa Solgata
The Basement,
204 Fourth Ave. N

Pendulum w/ Quilkin Heavens and Switches
Vangelis Tavern,
801 Broadway Ave.

Home That Tune
Peggy's Pub and Grill
1633 idylwyld Dr NE

Fri., Nov. 7

Kashmir
Suds on Broadway,
817 Broadway Ave.

Flamé Friday: Marion Mendelsohn
Big Band Series: U of T Jazz Ensemble
The Basement,
204 Fourth Ave. N

Lady Hawk
Army & Navy Club,
209 First Ave. N

Beats In Haze: Mami Malabon
3130 Eighth St. E

Robyn's Rhythmic Kings
Pied Piper Canteen
Centre,
103 Fairmont Ct.

Dallas Rogers' Band
Town Town Tavern,
3330 Fairlight Dr.



Canadian music legend Gordon Lightfoot will treat TCU Place on Thursday for a concert inspired by his memoir.

Mark Peter Ten Dance
O'Brien's Event Centre
261 Second Ave. S

Quaker and Smith w/ All Mighty Vales
Amazon Centre,
632 10th St. E

Powder Blue w/ The Last Maps
Vangelis Tavern,
801 Broadway Ave.

Beats & Rhythmic Kings
Capital Music Club,
244 First Ave. N

James Boys
Starrs Place,

Night Side District
Peggy's Pub and Grill,
1633 idylwyld Dr. N

Selt, River R

Kashmir
Suds on Broadway,
817 Broadway Ave.

Lady Hawk
Army & Navy Club,
209 First Ave. N

Peasants & Lawyers: Maurice Drouin and Neil Cunniff after-party
Roots Series: Pressed

The Basement,
204 Fourth Ave. N

Phonics
Overnight Legals,
606 Spadina Cres. W

Jane & Dorcas
Nelson Legals,
3021 Louisa St.

The Fitzchivalry w/ Marie Lagace
Amigos Canteen,
632 10th St. E.

Ultimate Power Duo w/ The Peeps
Vangelis Tavern,
801 Broadway Ave.

Major Mills
Mickley Robinson,
3130 Eighth St. E

The Stranberries w/ The Proseles: Archive
Capital Music Club,
244 First Ave. N

Who Green's Parrot w/ Johnny Don't
Rock Bottom,
8368 Broadway Ave.

James Boys
Starrs Place,
106-108 Hugh St. E.

Letting Seals Party
Peggy's Pub and Grill,

1633 idylwyld Dr. N

Kelly Reed
Buzza's Bar & Grill,
104 Pinehouse Dr.

Sun., Nov. 9

Acoustic Night: Brooke Michel
Suds on Broadway,
817 Broadway Ave.

Roots Series: Paper Lions
The Basement,
204 Fourth Ave. N

Jenny from Ace of Base w/ Amy Hart
O'Brien's Event Centre,
241 Second Ave. S

Danny Michel
Village Court & AMP,
433 20th St. W

Mon., Nov. 10

Rock Bottom
Suds on Broadway,
817 Broadway Ave.

Phonics: Phonics: Green and Black Edition w/ DJ Hayward, DJ Scott Turner and DJ Quartz
O'Brien's Event Centre,
241 Second Ave. S

White Party: Sid Smooth and Goodfellow
Peggy's Pub and Grill,
2404 Eighth St. E

Tues., Nov. 11

Rock Bottom
Suds on Broadway,
817 Broadway Ave.

ART

SCVAP Gallery
Nov 5-6 at 233 Third Ave. S, 5th floor - by more than 100 University of Saskatchewan print media students. With a wide range of subjects, concepts, themes, and styles. Reception Nov. 6, 6 p.m. to 9 p.m.

EVENTS

Mandel Art Gallery

Until Jan. 4 at 550 Spadina Ave. • Modern Visions: The 50th anniversary exhibition, Modern Visions, presents about 150 works from the permanent collection. **Age Alive:** Images of Positive Aging runs until Nov. 30, a photography exhibition presented in partnership with the Saskatoon Council on Aging. **Free discussion series, the ARCs of ART:** Nov. 6 and 13, 7 p.m. to 9 p.m. A free manuscript workshop for adults Nov. 10, 2 p.m. Presented by the Saskatoon Public Library and facilitated by Writer in Residence John Dunlop. To register call 305-915-8444.

Saskatoon Bookshop Gallery

Until Nov. 7 • In the heart of the University of Saskatchewan's Murray Building, SelfMade by Matt Stark. Postings, drawings and light boxes. Reception Nov. 7, 7 p.m. to 10 p.m.

The Core at Pavee Arts in Transformation

Nov. 7, 8-7:30 p.m., at Pavee Arts, 4300 St. W. Mailing new music and new media into new art. Featuring the Saskatoon Symphony Orchestra and art presented by Pavee Arts.

The Gallery at Art Place-mont

Until Nov. 13 at 328 Third Ave. S. **Luminous Explorer** by Gregory Hardy featuring his abstract paintings capturing the aesthetic forces of the prairie sky.

Hard Way Gallery

Until Nov. 13 at 609 Third Ave. N. **Mischief: A Fine Balance** Titled vessels by Michael Havelik.

Waskewich in Heritage Park

Until Nov. 21 at 1814 Park Rd. Walking with Our Sisters: A commemorative art installation for the missing and murdered Indigenous women of Canada and the U.S.



Grizzly Bear-Brown Bears by Gregory Hardy is on display at the Gallery at Art Place-mont

Station Arts Centre, Regina

Until Nov. 22 at 701 Railway Ave. In **Roots: Fortis Group**, a touring exhibit of OMACY Art in the Museum and Remembering Rooters, historical photographs.

Centre East Galleries

Until Nov. 23 at the Centre Display by the Saskatoon Public School Board in the Magazine and Indigo Galleries, students of Ingrida Erland in the Royal Gallery, art by Cindy Edwards in the Jade Gallery art by the Bridge City Artists in the Amber Gallery, display by the Saskatoon Quilters Club in the Sierra Gallery, art by

Noriana Perry in the Crown Gallery, display by The Royal Canadian Legion in the Lavender Gallery.

The Gallery at Frances Morrison Gertzel Library

Until Nov. 26 at 311 2nd St. E. Pulse by Anne McElroy: Nine, expression-minded media works.

A Fluffy Gallery

Until Nov. 29 at 813 Broadway Ave. It's a show in functional and sculptural/green by Sask. Terra.

Handmade House Showcase

Until Nov. 29 at 710 Broadway Ave. The Elemental Garden, small pieces by Saskatoon

quilter Dorothy Blevins.

Prison Star Gallery

Until Nov. 30 at 1135 Eighth St. E. Point of Departure by David Sheldy and Emily Vesol by Chris Hooper. Reception Nov. 3, 7 p.m. to 10 p.m.

Kelley Fine Art

Until Nov. 30 on the eighth floor of the Seabrook Hotel. A group exhibition by local and international artists. Featuring bronze sculptures, oil paintings and mixed media works.

Black Spruce Gallery

Until Nov. 30 on Hwy 2 at Northside. The Boreal Forest

Through the Eyes of an Artist**Saskatoon City Hospital Gallery on the Bridges**

Until Nov. 30 on the sixth floor of the Atrium at the Saskatoon City Hospital Art by Leanne. An assortment of works reflecting Dr. Leanne Burtch's exploration of styles in a new artist.

Art in the Centre at Penbridge Centre

Through November at 110 Grosvenor Cres. Works by the Saskatoon Painters Club.

Humboldt and District Museum and Gallery

Until Dec. 31 at 601 Main St., in Humboldt. A Local Presence by Martin Vidotto: An exhibit of wildlife paintings.

Eye Gallery

Until Jan. 2 at 97-1132 College Dr. Ink Slab Printmakers.

Funky Details

Until Jan. 31 at 212 Third Ave. S. A collection of framed photographic artworks by Sharon Cesek.

Ukrainian Museum of Canada

Until Jan. 31 at 510 Spadina Cres. E. **Dreaming in Ukrainian**. Printed photography by Andrea Kopych and Susan Polubnyak.

Western Development Museum

Through April 2015 at 2610 Loree Ave. **Big Ben Travelling Exhibit**. In partnership with the Royal Saskatchewan Museum, a 50-million-year-old procoeloid skeleton brought back to life through 3D imaging.

FAMILY**82 and Play**

Tuesdays and Wednesdays, 9:15 a.m. to 11:15 a.m., through April. For children up to age five. Tame structured, crafts, snacks, story time, toys, activities. Email playmop@82andplay.com.

saskatoon@gmail.com or visit the Facebook page.

Stars and Stripes

Wednesdays, 10 a.m. at Centre Campus in the Commons. Choice of two movies each week. A baby-friendly environment with lowered volume, dimmed lighting, a changing table and stroller parking in select theatres.

G's Clinic and Play

Daily, 10 a.m. to 6 p.m., in Bay 4 of 6th South Highway 12, W. in Wexham. Saskatoon's newest indoor playground for children up to age 12. Visit openhouseplay.com or their Facebook page.

Fun Factory Indoor Play-ground

Daily at 16330 Quaker Ave. A giant indoor playground for young children, adults and children under one year free. There is a separate fenced-in area for children under two.

Children's Play Centre

Daily at Lawson Heights Mall. A fun safe environment for preschool children to play. Please note this is an unsupervised play area, and adults must stay with and supervise children at all times.

Market Mall Children's Play Centre

Daily just off the Food court at Market Mall. This play area is free and has different level slides. Children must wear socks in the play area.

Scooters Indoor Playground

Thursdays, 9:15 a.m. to 11:15 a.m., through May, at Emmanuel Baptist Church, 1636 Assiniboine Dr. Parent-supervised playgroup for kids up to age five. Activities have and toys for kids designed to help play area, coffee/tea for parents. Registration or arrival information at scooters@playgroup.com or their Facebook page.

EVENTS

Sign, Play and Explore Workshop

First Wednesday of each month through December, 10:30 a.m. to 11:30 a.m., at the Inspiary and Parenting Health Centre, 344 Third Ave. S. Parents and their babies/toddlers explore their world, develop skills and engage in developmental learning experiences. Monthly registration is required. Email amy.yarnell@myerherthands.com, visit myerherthands.com

Breastfeeding Cafe

Thursdays, 10 a.m. to 11:30 a.m., at St. Wendel's Primary Health Centre, 3311 Fairlight Dr. A drop-in support group for breastfeeding women. Sessions will be facilitated by a lactation consultant with a brief educational presentation, and time for interaction with the other mothers.

Movies for Mommas

Thursdays, 1 p.m., at Rainbow Chemo in The Centre. An infant-friendly environment with reduced sound, change table, a bottle warming and stroller parking.

Baby Talk at SPL

Fridays, 10:30 a.m., at Alice Turner Branch, Mondays, 10:30 a.m., at Carlyle King Branch and JS Wood Branch, and Tuesdays, 10:30 a.m., at Cliff Wright Branch. Half-hour singing and rhyme time, then mingle with other parents.

Money and Me

The first Friday each month, 6 a.m. to 10 a.m., at Wellnet Pediatric, 5-30 Eighth St. E. is a one-project, one-evening class designed for one parent with one child. Teaching techniques, tips and ideas. This month's project is a screen saving clip and dip bowl. To register call 306-373-3319.

Shop 'n' Strid

Fridays, 9:30 a.m. to 10:30



Find out what was happening in the historic Miller Residence during the years of the Great War on Nov. 9 next month.

a.m. meal in front of Customer Service at The Mall at Lawson Heights. Classes consist of power-walking, body-sculpting moves using exercise tubing and a poster-labeling for parents and babies to register at nannasand-babysfitness.com. No classes on stat holidays.

Craft and Story Time
Saturdays, 11 a.m., at Indigo Books, 3322 Eighth St. E. in the kids' section. Call 306-244-5319.

Pranatal/Prenatal Workshops: Yoga for Childbirth
Nov. 8, 1 p.m. to 3:30 p.m., at Birth Rhythms, 343 Third Ave. S. Instructed by Nina 2015. Learn visualization, meditation, breathing and

yoga techniques to help you and your partner through labour and delivery. Register at 306-361-0892, frederic@wellnetyogapage.com.

Engineering for Kids: Classes and Clubs
Saturdays starting Nov. 8, Thursdays starting Nov. 13, and Mondays starting Nov. 17. Half-day and full-day clubs on Nov. 10. Inspiring the next generation of engineers in formation at engineering-ukraine.net/ukraine.

The Muri and the First World War
Nov. 9, 1 p.m. to 4 p.m., at 326 18th St. E. Find out what was happening in this historic house during the years of the Great War.

Something on Sundays
Sundays, 2 p.m. to 4 p.m., at the Mendel Art Gallery, 7500 Quadra Cres. E. Free family fun for ages five to 12, accompanied by an adult. Art-making activities led by gallery artists. Supplies are provided. Nov. 9, Make art for Remembrance Day.

Postnatal Yoga

Mondays, 12 p.m. to 1 p.m., at Diagnostics and Training Health Centre, 244 Third Ave. S. Beginner to intermediate yoga designed to help with postpartum recovery. Daily friendly class with a certified yoga teacher. Suitable for four weeks to two years postpartum. Register at myerherthands.com/expectancy. No class on stat holidays.

Canadian Light Source (CLS) Public Tours

Mondays, 1:30 p.m., at the Canadian Light Source, 44 Innovation Blvd. The sophisticated research facility is open for the public. Registration is required. Call 306-551-3844, email outreach@cls.ca or visit cls.ca/education/public_tours.php.

Prenatal Yoga

Mondays, 6 p.m. to 7 p.m., at Pregnancy and Parenting Health Centre, 344 Third Ave. S. Taught by a doula and certified yoga teacher. Informative and safe for any stage in pregnancy. Call 306-255-0643 or email amy.yarnell@myerherthands.com. No class on stat holidays.

Naturnally Yours

Mondays until Dec. 1, 10:00 a.m. to 1:30 p.m., at Pregnancy and Parenting Health Centre, 244 Third Ave. S. A comprehensive childbirth education series, preparing parents for the birth of a child. To register visit birthrhythms.ca.

Flaggroup

Thursdays, 9:30 a.m. to 11:30 a.m., at Grace-Westminster United Church. Hosted by Grace's Home Learning Community, a group of families inspired by Weidert philosophies. Programing is aimed at children ages two to five, but all ages are welcome.

Preschool Story Time

Thursdays, 10:30 a.m. to 11 a.m., at McKelvie Robinson, 3330 Eighth St. E. For children ages three to five in the Circle of Trees. Call 306-958-1477.

Training Dragons Hill Camp

Nov. 21-23 at Beaver Creek. Hosted by CTD Saskatoon. For ages eight to 16. Watch How to Train Your Dragon and write an all-time favorite dragon story, elevator, warbird and resolution. To register email canadiancreekcamp@gmail.com or visit canadiancreekcamp.org. Register by Nov. 10 for an early bird discount.

BRICKS & KIDZ! Saskatoon

Regular after-school programs, preschool classes and camps for kids of all ages at venues located here in Saskatoon. An atmosphere for students to build unique creations, play games, and have fun using LEGO bricks. Visit bricksandkids.com or call 306-979-2768.

Saskatoon Public Library

Programs

Ongoing daily programs for children and families. Find the calendar at saskatoonlibrary.ca/node/1006.

EVENTS

SPECIAL EVENTS

Mayfair Carpet Bowling
Wednesday, 8:30 p.m., at
Mayfair United Church. Begin-
ners and experienced players
are welcome. For information
call 350-058-2703.

**Comedy Night with David
Demany**
Nov. 5, 7 p.m., at Capitol Music
Club, 244 First Ave. N. The
95th from Canadian-born dan
performs. Tickets at the door.

West Coast Swing Dancin'
Every second Wednesday, 9
p.m. to 12 a.m., at Le Petit
Tou, 13 Campus de L'Arin to swing
dance.

**Women of Influence Break-
fast**
Nov. 6, 7:30 a.m. to 9 a.m., at
Pine Island Park featuring
three accomplished women
speaking about their leader-
ship roles and how they each
achieved success in their
respective fields. Tickets at
cubatoons.com.

SPFC Dances
Thursdays, 7 a.m. to 10 p.m. in
room 13 at Albert Community Centre,
815 Clarence Ave. S. Sarkis-
son International Publications
Club. Learn dances from many
countries around the world.
First night is free. Visit www.spfc.ca.

Pung-Chin-Pin et Duo
Nov. 6, 7:30 p.m., at Witroch
Chr's Centre, 434 Main St.,
Witroch. Presented by the
Witroch & Area Arts Council
jointly with Pung and Philip Chiu
perform. Tickets at the door.

**Le Choeur des Maitres He-
bernais**
Thursdays, 7:30 p.m., at
L'École canadienne Française,
1427 Albert Ave. Sing and
socialize in French. With choir
director Michael Hertz and
accompaniment by Rachel
Tracer. Information at 350-
333-6848, 350-333-9200.

Hyg Hattie Hattie
Nov. 5, 7:30 p.m., at Pine-
Island Park. Presented by



Hyg Hattie Hattie is at Pine Island Park on Tuesday.

the Knights of Columbus.
The unconventional Mayfair
ledgends and the inache-
vable, while in writing, *After
Phonemane* take to the
stage with improv comedy
and songs. Tickets at tickets.
saskatoon.com or at the
door.

Gher's Lecture Gala
Nov. 7, 6 p.m., at Dutch Grow-
ers Garden Centre. Entertain-
ment, dinner, live and silent
auctions and chocolate des-
serts. Tickets at picnic.ca.
Funds raised support the
Saskatoon Cancer Centre.

**The Publishers '30s and '40s
Tribute to the Weekend w/
England**

Nov. 7, 6:30 p.m. supper, 8
p.m. dance, at Nations Legion,
3521 Louise St. England pays
tribute to the *Winners*.
Tickets at 350-334-3292.
Mockety Robinson or at the
door.

A 100 Gen Euk Peropics
Nov. 7, 5-10 p.m. to 7 p.m., at
All Saints Ukrainian Orthodox
Church Auditorium, 2616 Lou-
ise St. Sausage, dessert and
beverages included. Admis-
sion: \$10. Tickets at tickets.
saskatoon.com or at the
door.

November Circle Dance
Nov. 7, 7:45 p.m. lesson, 8:30
p.m. dance, at the Downtown
Location, 600 Spadina Cres. A
Halloween-themed dance.
Costumes are encouraged.
With prizes and snacks. Ad-
mission at the door.

Heilo Gals
Nov. 7, 6 p.m., at TCU Place.
Dance from the Angel &
Friends. Founded on a
evening of Las Vegas style
entertainment. With Texas
style dining, great cocktails,
professional u.s. gaming
tables, live performances,
music and a silent auction.
Tickets at picnic.ca, 350-
334-3292.

**36th Dance Weekend and
Annual Meeting**
Nov. 7, 8 p.m. to 10 p.m., Nov.
8, 10:30 a.m. to 12 p.m., at
Cathedral of the Holy Family
Hall, 1231 Newlin Dr. Hosted
by the Saskatchewan Square
and Round Dance Federation.
Square dancing and square ball-
room dancing. Call 350-554-
2775 or email rdw@winktel.net.

**18th Annual Pleasant
Nov. 8 at TCU Place**
Women's Journey of Faith
conference of life, truth and
peace. Register speaker Dr.
Caroline L'Amour. With music by
Dustin Smith and the Faith
Alive Band. Tickets at Scott's
Pamela, 350-675-7199, tcu-tickets.ca.

**2011 Saskatchewan Know-
mobile Show and Sale**
Nov. 9-9 at Pine Island Park.
An indoor show for an-

mobile enthusiasts. With
vehicles, machines, fashion,
distinctions, parts and ac-
cessories. Tickets at [sask-
knowmobile.com](http://sask-
knowmobile.com).

The No-Hair Improv Comedy
Nov. 7, 8 p.m., at Le Petit
Tou, 13 Campus de L'Arin to
the arts and artistic achieve-
ment. Tickets at [goldmedal-
plates.com](http://goldmedal-
plates.com).

My Day Saskatchewan
Nov. 7, 8 p.m., at SaskTel Cen-
tre. Bringing together 15000
students and teachers in an
inspirational setting celebrat-
ing the commitment they
have made to take action
locally and globally. Feat-
uring Nikki Vorkasy, Canadian
atlympian Dr. Dave Williams,
Cephus Richard Phillips,
Kendall Offshill, Benito
Delafra, Shanon Desman and
Moran.

November Circle
Nov. 8 at SaskTel Centre. A
street dance tournament in
support of men's health and
the November campaign.
Tickets and information at
picnic.ca.

**Country Gospel Breakfast
Buffet and Concert**
Nov. 8, 8 a.m., at Sunday's Bu-
ffet, 102 Crook Dr. East. Pre-
sented by the Country Gospel
Music Association. Featuring
The Peters Sisters and Rachel
Denise. Call 350-243-1431,
350-229-6500.

**Koko Sale, Swap Sale, Silent
Auction**
Nov. 8, 10 a.m. to 2 p.m., at
St. Thomas Wesley United
Church, 828 20th St. W. Part
of the church's 100th anniver-
sary celebration. With fresh
and frozen pies, frozen soups
and preserves. The silent auc-
tion features 60 items to bid
on. Web site koko.ca.

Greivie Mayhem
Nov. 8, 8 p.m., at O'Brien
Event Centre, 241 Second Ave.
S. Presented by the Klamath
Club of Saskatoon. Hosted
by Kim Coates. Featuring a
performance by the show-
girls. With live and silent au-
ctions. Tickets at [obrien-
event.com](http://obrien-
event.com).

eventscentre.ca. Funds
raised support Greater Kibb
Basketball.

Gold Medal Plates
Nov. 8 at Franklin Park.
A celebration of Canadian
excellence in curling, with
the arts and artistic achieve-
ment. Tickets at [goldmedal-
plates.com](http://goldmedal-
plates.com).

Updown Stamp-Swing Dance
Nov. 8, 8 p.m., at Post-For-
Gence Centre, 224 25th St.
W. Saskatoon. Study Hop
monthly swing dance. And
the second Saturday of each
month. Beginner lessons at
8 p.m., followed by the dance.
All ages and skill levels are
welcome. Tickets at the door.
Visit saskatoonindyhop.ca/
options.asp.

**Sculture Workshop For
Adults**
Nov. 9, 2 p.m. to 4 p.m., at
the Menden Art Gallery. With
sculptor Les Proben. All skill
levels welcome. Materials
provided. Register at 350-
975-8144.

**An Evening of Bernehop
Harmony**
Nov. 10, 8:00 p.m., at St. John's
Anglican Cathedral, 815
Spadina Cres. E. Presented
by the Saskatoon Chorus
Chordans Barbershop
Chorus. Featuring the Chorus
Chordans Chorus, Chorus
Chordans Chorus, Chorus
Chordans Chorus and Maple
City Quartet. Refreshments
will follow the show. Admis-
sion by donation.

**The Great Saskatoon Nat-
ionist**
Nov. 9, 9 p.m., at TCU Place.
Performed by Moscow Bel-
l'Amour and the Saskatoon
Chorus. Tickets at 350-975-
8144, saskatoon.ca.

Remembrance Day
Nov. 11, 10 a.m., at SaskTel
Centre. A commemorative
ceremony and awards-taking
to pay tribute to the sacrifices
and achievements of Cana-
dian Veterans during armed
conflict, war and peace.
Admission is free. Everyone is
welcome.

EVENTS

Marc and Craig Kusbunger are the founders of *Ma Gay*, being read at Sundance Theatre on Nov. 7. (via iMovie)

Off-Broadway Performers' Market, International Bazaar, and Bazaar
Tuesdays, 11 a.m. to 6 p.m., in the basement of Grace-Westminster United Church, 300

10th St. E. Offering a variety of locally produced food, clothing and accessories from indie, preloved, baking, and bistro dealers. New vendors welcome. Call 306-684-7940 or email

gerald.harrison@shaw.ca.
Call to Remembrance
Nov. 12, 2 p.m. and 7:30 p.m., at Knox United Church. The Saskatoon Chamber Sings

perform. Remembering all those who have gone before. Tickets at MokshaSaskatoon.com/saskatoonchamber/sings-to-remember or at the door.

Casid Old Time Banding
Second and fourth Tuesday of the month, through April, 7:30 p.m. to 9:30 p.m., at Grace-Westminster United Church, 300 10th St. E. Hosted by Saskatoon Patterns Dance Club. Cash donations for the first hour. Call 306-374-9383 or 306-369-5107.

THEATRE

Reet
Nov. 5-6 p.m., at Broadway Theatre. Presented by the Saskatoon Summer Players. Reet follows a year in the life of a group of young, impoverished artists and musicians

as they struggle with life, love and AIDS. Tickets at 306-682-6556, broadwaytheatre.ca.

Bookie
Nov. 7-9 at Studio 514, 514 20th St. W. Presented by La Troupe du Jour. Two clowns, fed up with the downslide of postwar, social abuse and finally decide to turn up a rather special dish for their audience. Performed in French only. Tickets at 306-667-1221, stetropedance.com.

The Highest Step in the World

Until Nov. 9 at Perspective Theatre. A Ghost Theater Theatre production. The story of a boy who flew too close to the sun, a woman who fell out of the sky and a man who bravely leaped from the edge of space. Tickets at 306-384-7727, perspectivetheatre.org.

Worship God Little
Until Nov. 8 at Gregarious Theatre. In the 12 of a John Gulliver. Fifteen-year-old Worship Little becomes the victim of a Texas teen seeking vengeance after his best friend kills 12 classmates and himself. Tickets at 306-365-9356.

My Rabbit
Until Nov. 9 at The Refinery. Presented by Fire Line. Produced by Sam Theatre. Written by and starring best friends Kathryn Kelly and Joel Sunbeam. A comic drama about two Canadians who go on spiritual journeys that change their lives forever. Tickets at 306-653-5151, art4theatre.com.

Short Stories on the University
Series offered by Bridges. Call 306-667-1221 or bridges.org.

FREE FAMILY FUN! EVERY SUNDAY, 2-4 P.M.

Family entertaining every week, **PLUS** those special events.

November 9, Drop-in, 2 to 4 p.m. Art in Remembrance.
Last we forget - make art in remembrance.

'Putting It Together' Sculpture Workshop for Adults at 2 p.m.
Sculptor Les Potter helps you make art out of found objects. All skill levels welcome. Materials provided. Call Carol at 306-975-8144 to register.

November 16, Drop-in, 2 to 4 p.m. Peace Journeys.
Commemorate Universal Children's Day with art.

At MandalaGallery (open daily 9 a.m.-5 p.m.) 150 Quebec St. (306-653-4141) mandalagallery.com

SUTHERLAND CURLING CLUB
DOLLAR DAYS LOTTO

Promoting JUNIOR CURLING

Name _____	ONE DRAW every 15 min. _____	DECEMBER 8, 2014 TO MARCH 31, 2015
Address _____		(Excluding holidays & major draw days)
City _____	SUNDAY CASH DRAW _____	DECEMBER 14, 2014
Prov _____	SUNDAY CASH DRAW _____	DECEMBER 27, 2014
PO Box _____	SUNDAY CASH DRAW _____	FEBRUARY 16, 2015
PO Box _____	SUNDAY CASH DRAW _____	MARCH 16, 2015
PO Box _____	SUNDAY CASH DRAW _____	APRIL 11, 2015
PO Box _____	WEEKEND ROLLS TO SELECTIVE OPEN HOUSES ONLY	
PO Box _____	Mail to: Sutherland Curling Club, 141 James Ave. Sutherland, SK S7V 1J5	
PO Box _____	LN: 907-9-0197	

\$10 per Ticket

Nuts About Nature
At Beaver Creek Conservation Area

H. Kobi. My names Chip, and I live at Beaver Creek Conservation Area. Visit my blog with your family and friends and enjoy some time away from the city.



Dear Chip,
Where do chipmunks sleep at night when it gets cold?
Watsen

Dear Watson,

Many people are in disbelief when they learn that these little black and white birds do not migrate. All winter long you can hear their cheery "chee-o-dee-o-dee-o" as they announce their preference. I'm sure you'll agree that one of the biggest challenges in winter is how to stay warm and dry, especially at night when temperatures plummet. For birds as small as chipmunks it is crucial that they find a good insulated place to spend the night. One researcher in Alaska was curious as to where his local chipmunks found shelter. She attached radio transmitters weighing less than 5 grams to some chipmunks. Then, by following the beeping signals after dark, she was led to a birth live with a broken top. The next night she watched a chipmunk drive into a tree hole the size of a quarter. Over the next year she found several more of the birds' sleeping spots and discovered that they were all in birth trees. The next time you go for a walk in the woods, check out the birth trees for holes. You just might have found a chipmunk's bedroom!

Send your questions to me at the addresses below, then watch *Birdies for the trees* on

Nicki Lema-Jones-Burn
141 James Ave. Sutherland
Sutherland, SK S7V 1J5
306-907-9197
Email: nicki@beavercreekconservation.ca



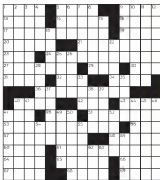
Meewasin
141 James Ave. Sutherland
Sutherland, SK S7V 1J5
306-907-9197
Email: nicki@beavercreekconservation.ca

CROSSWORD

NEW YORK TIMES Edited by Will Shortz

ACROSS

- 1 Take... (1994 Broadway hit that won all for seven weeks)
 5 Formal style
 9 Formal wear
 13 (S) Pelegrina's move
 14 "Peanuts" had with a security blanket
 16 Build muscles with
 17 Game of Thrones "House"
 18 Less leaders
 20 "Come to"
 21 "Hit of July" (1970 hit)
 22 Cheater 52, formerly
 24 Gamecube base (in British)
 27 Making (the rounds?)
 28 Very nice with
 29 Cause of a blowout?
 31 Carrots showing
 32 Sound from a window
 33
 34 On some
 35 Unleash a member on
 36
 38... facts
 40 Come into sample
 42 Aup of cooking of
 43



ADULT PRESENTATION: GROSS

- 47 Speedster's fear
 48 Face the plisher
 51 Resent
 52 Robert Redford's
 53 Vote for
 57 Where you might pick
 58 Trail with its still
 59 Initiates
 60 Something that is in
 61 (B&T)
 61 Lowdown (to cheat)
 62 To... 30- and
 63... 30- and
 64 Nifty
 65 "Phases I can
 66
 68 Volled (unpaired)

- 47 "help" actor
 48 Ten using part
 49 Apollonius (in
 50 Actor

DOWN

- 1 Good looking?
 2 "Apple and Cider"
 3 Where's response there
 4 Cried
 5 Gaseous
 6 Impaired beliefs?
 7 End of an week of
 8
 9 Leo Coghlan James
 10 who was the D.C.D.
 11 First actor

- 8... throat
 10 Tensions
 11 Accidental
 12 Much of a...
 13...
 14 In view of some color
 15 Publisher's list
 16 End of a...
 17 Many...
 18 View of...
 19...
 20 Golden rule
 21...
 22...
 23...
 24...
 25...
 26...
 27...
 28...
 29...
 30...
 31...
 32...
 33...
 34...
 35...
 36...
 37...
 38...
 39...
 40...
 41...
 42...
 43...
 44...
 45...
 46...
 47...
 48...
 49...
 50...
 51...
 52...
 53...
 54...
 55...
 56...
 57...
 58...
 59...
 60...
 61...
 62...
 63...
 64...
 65...
 66...
 67...
 68...
 69...
 70...
 71...
 72...
 73...
 74...
 75...
 76...
 77...
 78...
 79...
 80...
 81...
 82...
 83...
 84...
 85...
 86...
 87...
 88...
 89...
 90...
 91...
 92...
 93...
 94...
 95...
 96...
 97...
 98...
 99...
 100...

JANRIC
CLASSIC
SUDOKU

Level: Bronze
 Fill in the blank cells
 using numbers 1 to 9.
 Each row can have
 only one copy of each
 number and each
 column and 3x3
 block. Use logic and
 analysis of elimination
 to solve the puzzle.

The difficulty level
 ranges from Bronze
 (easiest) to Silver
 to Gold (hardest).



Sudoku is the
 crossword puzzle and
 the Sudoku number
 board on Page 27



Thank you to all the
 nominees who make
 our communities
 'in motion' and to
 our prize sponsor
 Flaman Fitness!

For more inspiring
 nominee stories and
 photos visit:

www.in-motion.ca

FLAMAN
Fitness



Nominee - Pat Prokopchuk (in red)
 Nominee - Lorraine Ford (in red)
 Flaman Fitness staff - Tyler Boyce

Congratulations to the winner
 of our Fall...in motion
 physical activity champion
 Pat Prokopchuk!

Pat has been involved with the SASKO program for over 25 years. She has supported athletes with a wide variety of disabilities and levels of participation by helping them access proper coaching and adaptive winter ski equipment. Another creative side of Pat is that she is also a belly dance instructor, having started Oriental Dance Arts of Saskatoon in the mid-1980s. Members of people have taken classes from her over the years, and she is well known for creating a supportive environment to learn in.

Introducing SASKATOON'S FIRST



NOV 14, 15 & 16

PrairieLand Park, Hall E

FRI 10 - 9 • SAT 10 - 6 • SUN 10 - 5



SHOP Canadian Handmade from 150 Artisans



ourbesttoyou.ca

15 artisans, 54 vendors 2011-14 with 10-11, 13, 14, 15

Clip out this ad & receive \$1 off admission.

OUTSIDE THE LINES



Colouring contest

Each week, Stephanie McKay creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product, and email it to bridges@thesophon.com. One winner will be chosen each week. Please send entries by Monday at 9 a.m.



Last week's contest winner is Ella Bergovich. Thanks to everyone who submitted artwork.



For the Toys you've Always Wanted

gigglefactory.ca

The Greatest Toy Store in Saskatchewan!!! Largest selection of Playmobil & Calico Critter. We also carry a huge selection of Unique Toys and Great Party Supplies, including Balloon Decorating!

Come See us in our Great Location with Free Parking

150 - 1824 McOrmond
Dr. 975-9630

ON THE SCENE

PARKLUXE SASKATOON

The Roost Gallery was packed with 125 beautiful people who came out to support Western Canadian design talent on Oct. 30.

The inaugural PARKLUXE Saskatoon, a small-scale fashion presentation, showcased three designers including Saskatoon's own Rebecca King along with styles from Midtown Plaza. Models strutted through the rows of seating, making the runway presentation a decidedly intimate and personal experience.

PARK (Pharmaceutical Artists Redefining Culture) has been throwing a luxury food and fashion event for several years in Calgary. The Saskatoon event was the first foray outside of Alberta for the non-profit organization, run by a group of young professionals. PARK creates opportunities for developing designers to share their art and sustain a profitable business.



BRIDGES PHOTOS BY MICHELLE BERG

1. Chef Dale Mackay serves up Cayman Island inspired hors d'oeuvres to guests
2. Emily Catherine and Joanne Senche
3. Law Posthutoff, Kathy Roberts, Sencha Holiday
4. Nancy Kozzy and Shirley Bask
5. Hilala Gull and Menna Godoy
6. Liles Dutton and Shauna Foster
7. Shannon Harrett, Smith and Jackson Berg
8. GM and mixologist at Ayden Kitchie & Bar Christopher Cho

Continued on Page 26

FALL SAVINGS

UP TO **60% OFF**
REGULAR PRICES

LEATHER OTTOMANS

\$139
**DOOR CRASHER
SPECIALS**
LEATHER STORAGE
OTTOMANS
\$499
**3
DAYS
ONLY**
THURS. - SAT., OCT. 30 - NOV. 1

LA-Z-BOY LEATHER ROCKER-RECLINER

MSR. \$1,129 REG. \$899

\$499

LA-Z-BOY LEATHER ROCKER-RECLINER

MSR. \$1,099 REG. \$879

\$639

LA-Z-BOY ROCKER-RECLINER

MSR. \$929 REG. \$749

LA-Z-BOY ROCKER-RECLINER

MSR. \$1,299 REG. \$1,039

LA-Z-BOY ROCKER-RECLINER

MSR. \$829 REG. \$649

LA-Z-BOY 100% LEATHER, SOFA & LOVE SEAT

MSR. \$2,699 REG. \$2,199

\$2,699

LA-Z-BOY 100% LEATHER, 3 PCE SECTIONAL

MSR. \$2,699 REG. \$2,199

\$2,699

LA-Z-BOY 100% LEATHER, SOFA & LOVE SEAT

MSR. \$2,199 REG. \$1,799

\$2,199

LA-Z-BOY 100% LEATHER, SOFA & LOVE SEAT

MSR. \$3,299 REG. \$2,699

\$2,699

LA-Z-BOY 100% LEATHER, 3 PCE SECTIONAL

MSR. \$3,929 REG. \$3,299

\$2,499

LA-Z-BOY 100% LEATHER, SOFA & LOVE SEAT

MSR. \$4,629 REG. \$3,699

\$2,499

LA-Z-BOY 100% LEATHER, 3 PCE SECTIONAL

MSR. \$4,429 REG. \$3,549

\$2,199

LA-Z-BOY 100% LEATHER, SOFA & LOVE SEAT

MSR. \$1,249 REG. \$1,049

\$419⁰⁰

LA-Z-BOY 100% LEATHER, 3 PCE SECTIONAL

MSR. \$3,999 REG. \$3,799

\$1,519⁰⁰

LA-Z-BOY 100% LEATHER, SOFA & LOVE SEAT

MSR. \$4,199 REG. \$3,659

\$1,463⁰⁰

LA-Z-BOY 100% LEATHER, 3 PCE SECTIONAL

MSR. \$1,699 REG. \$1,499

\$599⁰⁰

TOMALI BUFFET

MSR. \$1,499 REG. \$1,149

\$459⁰⁰

TOMALI 7 PCE TABLE SET

MSR. \$3,999 REG. \$3,799

\$1,519⁰⁰

ITEMS ARE SUBJECT TO PRIOR SALE

**SALE HELD OVER UNTIL
SAT., NOV 8TH**

Store Hours: Monday - Wednesday 12:30pm-7pm Thursday - Saturday 12:30pm-8pm

Sorensen's
FINE FURNITURE

**715 - 1ST AVENUE N
306.955.5909**

ON THE SCENE



9. Katie Morris
and Lisa
McGweeney

10. Paul Marsh
and Ceann
blair's sto-
maker Matthew
Gallagher

11. Heather
Fellows, Rebecca
King, Geanie King,
Joelyn Chillo
and Jade
Yeatman

12. Ol Conall
Dance music
tricks

13. Crystal Birch
and Erin Lagg

14. Amanda
Smeed, Sarah
Brown, Hattie
and Kaiti
Mokawa

15. Melanie
Nathanson,
Jasmin Burrows
and Arianne Ritz



WINE WORLD

#SASKATCHEWAN WINE SCENE

Masi's Passo Doble exquisitely balanced

By James Romanow

If you're a regular reader of mine, you will know I have been jumping up and down about a wine since I began writing. The wine in question is Masi's Passo Doble, a wine from Argentina, which until recently retailed for around \$20. But the tale of me I don't know why it hasn't been on the shelf here before. It was in Mass jobs, Alberta and Ontario.

The wine has had a small but devoted following, none of which is based on Masi and on the winemakers being very good at their job. It's also based on the grapes involved — Malbec and Corvina — and just on the way the stuff tastes.

It tastes great. And the secret to the great taste is the secret of using Masi wines. The appassimento process (AKA appassimento, pendimento, ripasso, ripasso di m.) These processes are slightly different depending on the producer and other factors, but all depend on using partially dried grapes to extract more aroma and flavor. Masi was a pioneer in this process and tastes their wines like an Amato or like the Passo Doble. 51 per cent of the Corvina has been dried, while the rest of the wine was made normally.

And the result is an exquisitely balanced, graceful. The rich dark earthiness of the Malbec is matched to the lighter vibrant Corvina.



The ceremony of the wine is finished. If you like rich, full bodied red wines that you can match to just about any food, this is a wine you have to try.

For lovers of Argentine feeling poor or any body with a New World palate, this is a must drink wine.

Masi's Passo Doble \$16.95 (www.masiwines.com)
Next week's column: Why Grapes are right. More on Twitter @jromanow

Crossword/Sudoku answers

ABOVE	PROM	STUP
NEVA	LINUS	TOKE
GRANDOPERA	RIMS	
ENTER	BRUCELEE	
LIIT	AVOCADOPEAR	
INGRITTY	VIIN	TNT
CINE	COO	BUST
PRIEDOPFN		
IPIS	ONAT	TRSP
OST	DAIT	UNGOUTH
WLODPEPPER	VEEA	
IMETRE	EASES	
IDOL	INSIDE	DOPE
SNIT	ARTIME	AUER
HOLA	ROPE	MYNS

2	1	4	8	9	7	5	6	3
5	6	3	1	2	4	8	9	7
7	9	8	6	3	5	4	2	1
4	2	7	5	6	8	3	1	9
9	5	6	3	4	1	7	8	2
3	8	1	2	7	9	6	5	4
8	7	2	4	1	6	9	3	5
1	4	5	9	8	3	2	7	6
6	3	9	7	5	2	1	4	8

محمد
MUHAMMAD
THE ASTONISHING STORY
OF THE PROPHET

RSVP:
THEPROPHET.CA
SASKATON@THEPROPHET.CA | (306) 262-6411

Nov. 12 @ 6 PM
University of Saskatchewan
Health Sciences Building
E Wing Room 1150

NOV. 7th
RANDOM ACT OF KINDNESS DAY

And it's **REAL**! Sept 8 is the celebration of kindness and the Pay It Forward movement is the **IDEAL**! Being a **REAL** day is **easy** — all you need is a good heart and a good idea. Hold the date, make a **commitment** to your job well done. Let's make Saskatchewan the Kindness Capital of Canada. Get involved! Sign up your Kindness Crew today! Share the **Kindness** in our Community! www.saskatooncommunityfoundation.ca

Random Act Of KXndness Day®

f RAKSaskatoon @RAKSaskatoon RAKSaskatoon
Share it with #RandomActOfKindnessDay
#RAK #RandomActOfKindnessDay

SENDING A HUGE THANK YOU TO OUR PARTNERS

